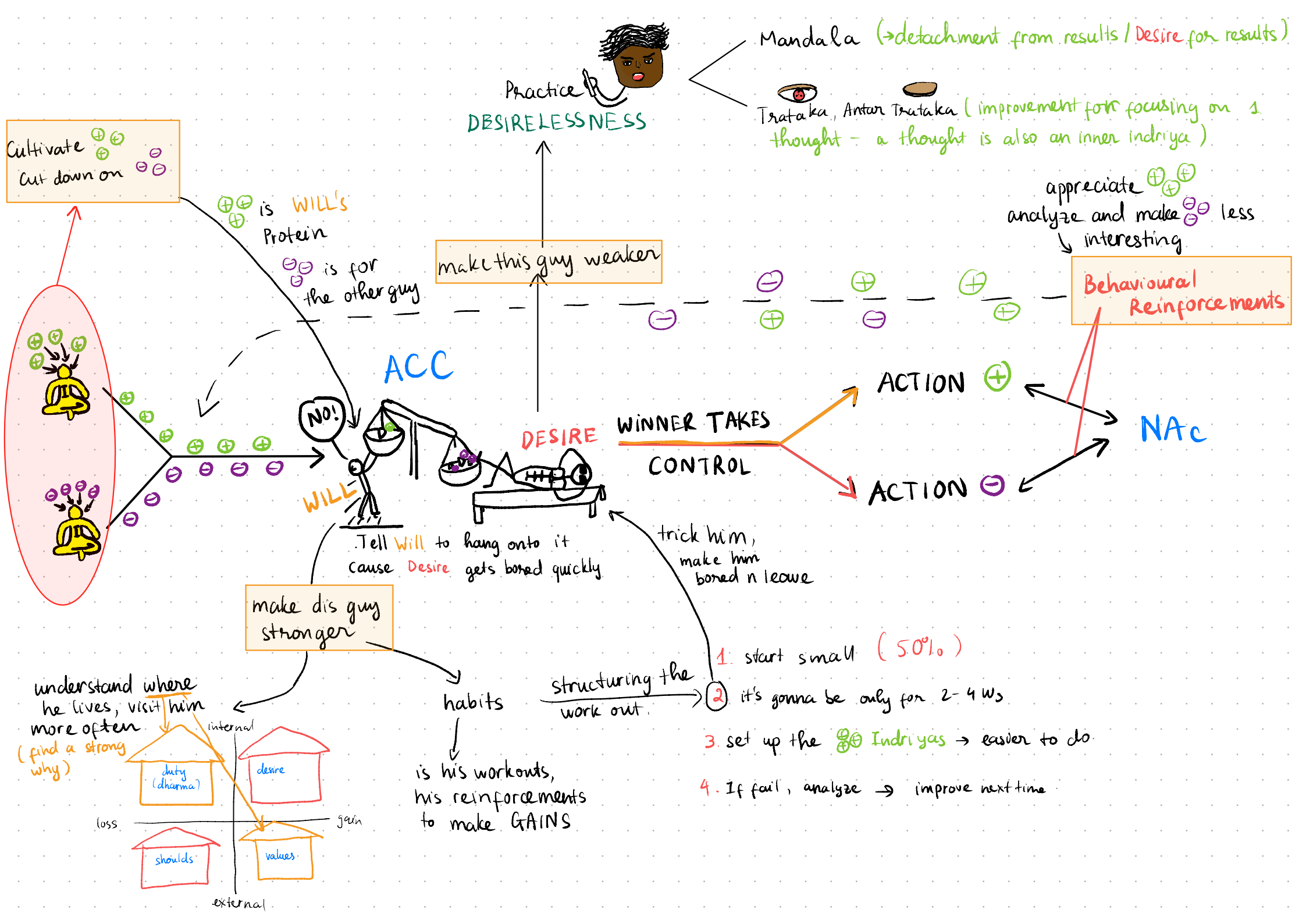
Mandala (→detachment from results / Desire for results)
Practice DESIRELESSNESS
Trataka, Antar Trataka (improvement for focusing on 1 thought - a thought is also an inner indriya)
Cultivate
Cut down on
is WILL's Protein
is for the other guy
make this guy weaker
appreciate
analyze and make less interesting
Behavioural Reinforcements
ACC
NO!
WILL
DESIRE
WINNER TAKES CONTROL
ACTION
ACTION
NAc
Tell Will to hang onto it cause Desire gets bored quickly
trick him, make him bored n leave
make dis guy stronger
understand where he lives, visit him more often (find a strong why)
internal
duty (dharma)
desire
loss
gain
shoulds
values
external
habits
is his workouts, his reinforcements to make GAINS
structuring the work out
1. start small (50%)
2. it's gonna be only for 2-4 Ws
3. set up the Indriyas → easier to do
4. If fail, analyze → improve next time